Outdoor Soccer

Table of Contents
Letter to Coaches ........................................................................................................................................... 3
Parent Code of Conduct ................................................................................................................. 4-5
Volunteer Plus Process/Code of Ethics and Policies ................................................................. 6-7
About the YMCA ........................................................................................................................................... 8-9
Things to Remember ....................................................................................................................................... 10
Injuries ............................................................................................................................................................... 11
Sudden Cardiac Arrest Information .............................................................................................................. 12-13
Best Practices for Teams ................................................................................................................................. 14
Coaches During ................................................................................................................................................ 15
Practice Plan ................................................................................................................................................... 16
Rules of Play: Coronavirus Guidelines ........................................................................................................ 17
Rules of Play: Outdoor Soccer ......................................................................................................................... 18-23
“How to Teach” Tips ...................................................................................................................................... 24-27
Parent Code of Conduct Agreement ............................................................................................................ 28
Parent/Athlete Signature Form ....................................................................................................................... 29

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Dear Volunteer Coach,

The YMCA of Greater Dayton welcomes you and your child to the Youth Sports Program! A goal of the YMCA of Greater Dayton is for all youth sports participants, both parents and children, to have an enjoyable sporting experience. The YMCA uses sports as a tool to develop each participant physically, mentally, and spiritually. Our programs emphasize teaching the values of good sportsmanship, teamwork, goal setting and skill development in a fun, esteem-promoting atmosphere. Our participants will learn the basic fundamentals while learning the rules of the sport. Of course, a FUN and friendly environment are characteristics of all YMCA programs.

Thank you for volunteering your time to coach in our youth sports leagues! By volunteering, you are clearly aware of how important your role is to the children in these programs. Our sports leagues are volunteer driven, and without you they would not be possible.

It is our goal to provide a safe and fun program for all. Achieving this goal begins with ensuring all our volunteers are adequately screened and prepared for the season. Thank you in advance for taking the time and volunteering.

**Thank you, and enjoy the season!**

Sincerely,

YMCA of Greater Dayton
Sports Department
Parent Code of Conduct

1. Remain in the spectator area during competitions
2. Let coaches coach
3. Keep comments positive to players, parents, officials, and coaches of either teams
4. Come to games sober and refrain from drinking alcohol or smoking at contests
5. No pets allowed at practices/games unless they are service animals
6. Cheer for your team
7. Show interest, enthusiasm, and support for your child
8. Be in control of your emotions
9. Help when you’re asked to by a coach or an official
10. Thank the coaches, officials, and other volunteers who conducted the event

PARKING REGULATIONS

Absolutely no parking on the driveways or in any grassy area.

All cars are to be parked in designated parking spots.

Speed Limit on YMCA property or designated game/practice facilities is 5 miles per hour.

BE INVOLVED, BUT NOT TOO INVOLVED

YMCA Youth Sports needs enthusiastic involvement from parents to be successful. Volunteering your time not only helps the program; it’s also an enjoyable way to meet other adults and make new friends. Here are just a few ways to become involved:

- Be a coach or an assistant coach
- Be an official or umpire
- Keep time or score
- Maintain equipment or facilities
- Coordinate refreshments
- Become part of a car pool

A healthy involvement will usually be welcomed by both the coach and your child. However, no coach wants to be second-guessed by parents on strategy moves or other coaching decisions. Signs of parents being too closely involved include these:

- You are overly concerned with the outcome of the game
- You spend a lot of time talking with the coach about the game plan, player skill levels, and the way the coach conducts practices and coaches games
- Your child has stopped enjoying the sport or has asked you to stop coming to games or practices
- You require your child to take extra practice

Be involved, show interest, help the coach where they need help, encourage your child, and enjoy the sport yourself!
Help Your Child Enjoy Sports

You can help your child enjoy sports by doing the following:

• Developing a winning perspective
• Building your child’s self-esteem
• Emphasizing fun, skill development, and striving to win
• Helping your child set performance goals

DEVELOPING A WINNING PERSPECTIVE

Every decision parents make in guiding their children should be based first on what’s best for the child, and then second on what may help the child win. Stated in another way, this perspective places Athletes First, Winning Second. We’re not saying winning is unimportant. Winning, or striving to win, is essential to enjoyable competition. Pursuing victory and achieving goals are sweet rewards of sport participation. But they can turn sour if, through losing, you or your child lose the proper perspective also. An obsession with winning often produces a fear of failure, resulting in below average performances and upset children.

BUILDING YOUR CHILD’S SELF-ESTEEM

Building self-esteem in your child is one of your most important parenting duties. It’s not easy, and it’s made even more difficult in sport by the prevailing attitude of “winning is everything.” Athletes who find their self-worth through winning will go through tough times when they lose. Building self-esteem in your child takes more than encouragement. You need to show your child unconditional approval and love. Don’t praise dishonestly; children can see through that. No matter the amount of mistakes your child may make, show the same amount of love and approval for them that you showed before the game.

EMPHASIZING FUN, SKILL DEVELOPMENT, AND STRIVING TO WIN

The reason you should emphasize fun is quite simple: without it, your child may not want to keep playing. Kids don’t have fun when they stand around in practice or sit on the bench during games, when they feel pressure to win and don’t improve or learn new skills. Conversely, they do have fun when practices are well organized, they get to play in games, they develop new skills, and the focus is on striving to win.

HELPING YOUR CHILD SET PERFORMANCE GOALS

Performance goals – which emphasize individual skill improvement – are much better than the outcome of the goal of winning for two reasons:

1. Performance goals are in the athlete’s control.
2. Performance goals help the athlete improve.

Performance goals should be specific, and they should be challenging but not too difficult to achieve. You (and your child’s coach) should help your young athlete set such goals. Help your child focus on performance goals before a game; this focus will help sports be an enjoyable learning experience for your child.
Volunteer Plus Process

Please review the instructions below on how to complete the volunteer application:

1. Visit the YMCA of Greater Dayton website at www.daytonymca.org
2. Select “Programs and Classes” on the top left of the screen.
3. Under the “Sports” tab on the right side of the screen, select “Apply to Coach” – this is the first option. This will open a new window.
4. Under the “Locations” column, find your YMCA Program and click “Apply to Volunteer” – this is a yellow/orange tab.
5. On the next page, click the “Register” tab and follow the prompts.

You will be asked to complete the following additional items:

1. Background Check
2. Redwoods Institute Training: “Appropriate Touch”
3. NFHS Concussion in Sports Training

Please note, the certifications for Appropriate Touch and Concussion MUST be uploaded onto PlayerSpace. Follow the instructions below:

1. Log in to PlayerSpace: leaguemanager.playerspace.com/improved_login.cfm
2. On your profile page, click on the “Coach, Volunteer & Staff” tab.
3. On this page, you will see a tab titled “Prerequisites”.
4. There is an “Upload” tab for Appropriate Touch and Concussion. This is where you will upload your certificates upon completion.
Volunteer Code of Ethics and Policies

1. Smoking or use of tobacco products in the YMCA programs or on YMCA property is prohibited.

2. Using, possessing, or being under the influence of alcohol or illegal drugs WILL NOT BE TOLERATED!

3. Any form of abuse of children WILL NOT BE TOLERATED including:
   - Physical Abuse – strike, spank, shake, or slap
   - Verbal Abuse- humiliate, degrade, or threaten
   - Sexual Abuse – including inappropriate touching and exposure
   - Mental Abuse(Self Esteem)- comparison, or criticism

4. Volunteers must treat everyone of all races, religions, and cultures with respect and consideration.

5. Volunteers must use positive techniques of guidance, including positive reinforcement and encouragement rather than competition, comparison, or criticism.

6. Volunteers shall abstain from humiliating or frightening discipline techniques.

7. Volunteers shall not use profanity in the presence of children or parents

8. Volunteers shall refrain from intimate displays of affection toward others in the presence of children, parents, and staff.

9. Monetary and expensive gifts to volunteers are prohibited.

10. Volunteers must be free of physical and psychological conditions that might adversely affect others.

11. Volunteers will do everything in their power to avoid being put in a situation where they are alone with a YMCA child other than their own.

12. Volunteers will portray a positive role model for youth by maintaining an attitude of respect, loyalty, patience, integrity, courtesy, tact and maturity.

13. Ohio State law requires that all citizens report any suspected abuse or neglect of a child to the Montgomery County Department of Children’s Services and the appropriate YMCA Personnel.
About the YMCA

YMCA of Greater Dayton Mission Statement:
The YMCA of Greater Dayton, based on Christian principles, is a charitable organization with an inclusive environment driven to enrich the quality of family, spiritual, social, mental and physical well-being for all.

Four Core Values of Character Development:
- Caring
- Honesty
- Respect
- Responsibility

Youth Sports Philosophy:
The YMCA’s philosophy is “Athletes First, winning second, everyone’s is a winner.” Please do everything you can do to de-emphasize the score.

YMCA Sports: 7 Pillars
1. **Everyone plays.** We do not use tryouts to select the best players, nor do we cut kids from YMCA Youth Sports. Everyone who registers is assigned to a team. During the season everyone receives equal practice time and plays at least half of every game.

2. **Safety first.** Although some children may get hurt playing sports, we do all we can to prevent injuries. We’ve modified each sport to make it safer and more enjoyable to play. We ask you to take time to check that the equipment and facilities are safe and to teach the sport as we’ve prescribed, so that the skills taught are appropriate for children’s developmental level. We also ask you to develop your players’ fitness levels gradually so they are conditioned for the sport. And we ask you to constantly supervise your young players so that you can stop any unsafe activities.

3. **Fair play.** Fair play is about more than playing by the rules. It’s about you and your players showing respect for all who are involved in YMCA Youth Sports. It’s about you being a role model of good sportsmanship and guiding your players to do the same. Remember, we’re more interested in developing children’s character through sport than in developing a few highly skilled players.

4. **Positive competition.** We believe competition is a positive process when the pursuit of victory is kept in the right perspective. Learning to compete is important for children, and learning to cooperate in a competitive world is an essential lesson of life. The “right perspective” means adults make decisions that put the best interests of the children above winning the contest. These are the lessons we want to teach through YMCA Youth Sports.
5. **Family involvement.** YMCA Youth Sports encourages parents to be involved appropriately along with their child participating in our sport programs. In addition to parents being helpful as volunteer coaches, officials, and timekeepers, we encourage them to be at practices and games to support their child’s participation.

6. **Sport for all.** YMCA Youth Sports is an inclusive sport program. That means that children who differ in various characteristics are to be included rather than excluded from participation. We offer sport programs for children who differ in physical abilities by matching them with children of similar abilities and modifying their sport. We offer programs to all children regardless of race, gender, religion or ability. We ask our adult leaders to support and appreciate the diversity of children in our society and to encourage the children and their parents to do the same. We do not forfeit games; instead, we share players and proceed with planned games.

7. **Sport for fun.** Sport is naturally fun for most children. They love the challenge of mastering the skills of the game, playing with their friends, and competing with their peers. Sometimes when adults become involved in children’s sport, they over-organize and dominate the activity to the point of spoiling children’s enjoyment of the sport. If we take the fun out of sport, we are in danger of our children taking themselves out of sport. Remember, that these sports are for the kids; make sure the kids are having fun.
**Things to Remember**

**Players not able to make your team scheduled practice times and games:** We understand not all parents may be able to make scheduled practice times or games each week. If you are unable to make the practice time, please let your coach know in advance if possible.

**Parents be available for help:** To make the coach’s job easier, offer your assistance at practice. Come together to assign a parent be a Team-Mom or Team-Dad. Assistant Coaches are always welcome.

**Awards:** Coaches will not need to purchase awards for their teams. The YMCA will have awards available for each team at your last game.

**End of Season Party:** The end of season party is voluntary. If a coach/team decides to have an end of season party, try to plan it ahead of time.

**Weather Information/Cancellations**

Games are played outside; therefore, the weather can determine if a game/practice is cancelled. Please note field conditions may also determine if a game/practice is cancelled. If this occurs, YMCA Staff will contact all parents and coaches via PlayerSpace email and text.

Practice cancellation is up to the coach, unless the YMCA Sports Director cancels in advance. If the coach cancels, the coach must contact all parents.

**24 Hour Policy**

- The YMCA of Greater Dayton Sports Department does NOT permit any individual to confront a referee or YMCA Sports Official/Employee at any time. If a situation arises in which a referee’s actions create a problem, give the situation 24 hours to cool down.

- After the 24 hours have passed, if you still feel strongly that something should be done, please contact the Sports Director.
Injuries

You are playing at your own risk. You will encounter physical contact in this game. It will be the intent of the officials and staff assigned to your game, to provide a safe level of competition; however, injuries may occur. Teaching children the proper techniques and how to play the game correctly will minimize injuries. In the event of a severe injury, the YMCA will follow up with all parties. Please make sure to communicate with us. We will assist to the best of our ability.

Concussions:

Please use the CDC website below for further information about concussions:
https://www.cdc.gov/headsup/resources/index.html

Procedure for Head Injuries during YMCA Sports Programs:

1. Assess the athlete and determine if they need removed from play.
2. If a spinal injury is suspected then DO NOT move the athlete and call EMS immediately. If the athlete goes unconscious at ANY time (even for just a few seconds), EMS should be called.
3. Ensure the athlete is evaluated as soon as possible by an appropriate health care professional. If a Certified Athletic Trainer is on site, allow them to do the evaluation.
4. Accident report should be filled out by either staff or volunteer and given to the Sports Director the same day.
5. Inform the athlete’s parents or guardians about the possible concussion and give them the fact sheet on concussion.
6. If a concussion is suspected or the athlete is showing any concussion-like symptoms, the athlete should not return to competition until symptom free and cleared by a healthcare professional including a Physician or Certified Athletic Trainer.

Sudden Cardiac Arrest and Lindsay’s Law:

Refer to Parent/Athlete Information Sheet on the following pages.
Sudden Cardiac Arrest and Lindsay’s Law
Information for the Youth Athlete and Parent/Guardian

- **Lindsay’s Law** is about Sudden Cardiac Arrest (SCA) in youth athletes. This law went into effect in 2017. SCA is the leading cause of death in student athletes 19 years of age or younger. SCA occurs when the heart suddenly and unexpectedly stops beating. This cuts off blood flow to the brain and other vital organs. SCA is fatal if not treated immediately.

- “Youth” covered under Lindsay’s Law are all athletes 19 years of age or younger that wish to practice for or compete in athletic activities organized by a school or youth sports organization.

- Lindsay’s Law applies to all public and private schools and all youth sports organizations for athletes aged 19 years or younger whether or not they pay a fee to participate or are sponsored by a business or nonprofit. This includes:
  1. All athletic activities including interscholastic athletics, any athletic contest or competition sponsored by or associated with a school
  2. All cheerleading, club sports and school affiliated organizations including noncompetitive cheerleading
  3. All practices, interschool practices and scrimmages

- Any of these things may cause SCA:
  1. Structural heart disease. This may or may not be present from birth
  2. Electrical heart disease. This is a problem with the heart’s electrical system that controls the heartbeat
  3. Situational causes. These may be people with completely normal hearts who are either are hit in the chest or develop a heart infection

- **Warning signs** in your family that you or your youth athlete may be at high risk of SCA:
  - A blood relative who suddenly and unexpectedly dies before age 50
  - Any of the following conditions: cardiomyopathy, long QT syndrome, Marfan syndrome, or other rhythm problems of the heart

- **Warning signs** of SCA. If any of these things happen with exercise, see your health care professional:
  - Chest pain/discomfort
  - Unexplained fainting/near fainting or dizziness
  - Unexplained tiredness, shortness of breath or difficulty breathing
  - Unusually fast or racing heart beats

- The youth athlete who faints or passes out before, during, or after an athletic activity MUST be removed from the activity. Before returning to the activity, the youth athlete must be seen by a health care professional and cleared in writing.

- If the youth athlete’s biological parent, sibling or child has had a SCA, then the youth athlete must be removed from activity. Before returning to the activity, the youth athlete must be seen by a health care professional and cleared in writing.

- Any young athlete with any of these warning signs cannot participate in practices, interschool practices, scrimmages or competition until cleared by a health care professional.
• Other reasons to be seen by a healthcare professional would be a heart murmur, high blood pressure, or prior heart evaluation by a physician.

• Lindsay’s Law lists the health care professionals who may evaluate and clear youth athletes. They are a physician (MD or DO), a certified nurse practitioner, a clinical nurse specialist or certified nurse midwife. For school athletes, a physician’s assistant or licensed athletic trainer may also clear a student. That person may refer the youth and family to another health care provider for further evaluation. Clearance must be provided in writing to the school or sports official before the athlete can return to the activity.

• Despite everyone’s best efforts, sometimes a young athlete will experience SCA. If you have had CPR training, you may know the term “Chain of Survival.” The Chain of Survival helps anyone survive SCA.

• Using an Automated External Defibrillator (AED) can save the life of a child with SCA. Depending on where a young athlete is during an activity, there may or may not be an AED close by. Many, but not all, schools have AEDs. The AEDs may be near the athletic facilities, or they may be close to the school office. Look around at a sporting event to see if you see one. If you are involved in community sports, look around to see if there is an AED nearby.

• If you witness a person experiencing a SCA: First, remain calm. Follow the links in the Chain of Survival:
  ❖ Link 1: Early recognition
    • Assess child for responsiveness. Does the child answer if you call his/her name?
    • If no, then attempt to assess pulse. If no pulse is felt or if you are unsure, call for help “someone dial 911”
  ❖ Link 2: Early CPR
    • Begin CPR immediately
  ❖ Link 3: Early defibrillation (which is the use of an AED)
    • If an AED is available, send someone to get it immediately. Turn it on, attach it to the child and follow the instructions
    • If an AED is not available, continue CPR until EMS arrives
  ❖ Link 4: Early advanced life support and cardiovascular care
    • Continue CPR until EMS arrives

• Lindsay’s Law requires both the youth athlete and parent/guardian to acknowledge receipt of information about Sudden Cardiac Arrest by signing a form.
Best Practices for Teams

During Practices

- Everyone should arrive early and prepared for practice
- Players should dress to participate
- Everyone should focus on being a positive teacher and participant

During Games

- Everyone should arrive early and prepared for games
- Everyone should encourage all children who are playing
- Remember: Children are here to have FUN

Communication

- PlayerSpace Website: this is our main form of communication
- Parent and Coach communication is extremely important
- Check your emails and text messages for information regarding practices and games from the Sports Department
- The Sports Director is always available to answer questions and address any concerns.
Coaches During...

**Practice:**
Recruit parents to help with practice
Always be positive, encouraging and constructive
Plan ahead of time for practice
Arrive early to bond with players and parents

**Games:**
Things to remind players of during game play
1. Which endzone is theirs
2. Who they are guarding
3. Spread out and move around
4. Keep your head up, eyes up and open while playing

**5. HOW GREAT THEY ARE DOING!**

Keep track of time and your substitutions
Explain something when they look confused, frustrated, or discouraged.
Practice Plan

Be organized yet flexible with practice plans

- Warm up with light cardio
- Plenty of activity
- Maximize use of time, facility, and equipment
- Progress from simple to complex
- Make it a safe and fun environment for all

Giving Explanations

- Clear and concise
- Short and to the point
- Done with enthusiasm

Showing Demonstrations

- Clearly seen by all
- Repeated multiple times from all angles
- Make sure all get to try same amount of times
- Make sure to have all eyes on you during demonstrations

Sample Warm-Up: Begin each practice with 5–10 minutes of warm-up activities to get players loosened up and ready to play.

- Running, Speed walking (to the other side and back)
- Bear crawl (to one side, then do crab walk back)
- Running (to the other side and back)
- High knees (to the other side and back)
- Lunges (lung half court, then run and back)
- Back pedal (to the other side and back)
- Step Slide (to the other side and back)
Rules of Play – Coronavirus Guidelines

All YMCA Sports will adhere to new guidelines in response to COVID-19. The following guidelines are to ensure the safety of all participants (players, family members, coaches and staff). The YMCA of Greater Dayton will take all the necessary precautions to minimize the risk of exposure. To protect the safety of our participants, your child may be removed from our program if you do not follow these guidelines.

CORONAVIRUS RULES

1. Everyone must go through a temperature check and health screening before practices and games at designated areas.

2. YMCA locations may have a limit on spectator attendance at practices and games to encourage following social distancing guidelines.

3. Anyone experiencing symptoms must stay home. According to the CDC, Covid-19 symptoms include fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea. This list does not include all possible systems. The CDC will continue to update symptoms as we learn more about Covid-19.

4. There must be no congregating before or after practices/games by players, coaches, athletic trainers, officials or spectators.

5. Practice and game attendance will be tracked for contact tracing in the event of a positive case. Each YMCA will have a sign-in sheet.

6. Teams must not arrive more than 15 minutes before your scheduled practice and game times. This will allow for YMCA Staff to complete any sanitizing procedures and allow for the prior teams to leave the location.

7. Masks will be required for everyone in attendance—YMCA Staff, officials, coaches, players and family members. Children ages 10 and under will not be required to wear masks.

8. Players (ages 11 and up) will be required to wear their mask on the sidelines. If a player is actively practicing or playing in the game, they will not be required to wear their mask.

9. Everyone must adhere to 6 feet social distancing. Families may sit together but MUST stay 6 feet from other families.

10. Players and coaches must wash their hands or sanitize their hands before each practice and each game.

11. Depending on your YMCA location, coaches and teams will be separated from parents on the sidelines. The YMCA location will also direct parents as to where they will sit.

12. Soccer game ball must be cleaned after each quarter. YMCA’s can opt to switch out the game ball to a new game ball. All used soccer balls must be sanitized before they are used again.

13. All Soccer goalies will be encouraged to wear goalie gloves.
Rules of Play – Outdoor Soccer

All Divisions (Ages 3–12)

The “Y” believes in its philosophy of “Athletes first, winning second.” Our Youth Sports Program is designed for all participants to grow in the areas of sportsmanship and physical fitness, as well as self-control, team effort, and skill development. It is a fun, instructional league where everyone plays and everyone wins! The following rules incorporate our philosophy into our Youth Outdoor Soccer Program.

LEAGUE RULES

1. The score will be kept for divisions 6U and up, but should not be emphasized.
2. League standings will not be kept. The only time standings will be kept is if there is an end of season tournament.
3. Any concerns about the league by coaches or parents should be discussed with the Sports Director.

ATTIRE

1. Sports cleats are allowed and preferred, except for metal spikes. Regular gym shoes are allowed. Referee will check prior to each game.
2. All players must wear shin guards covered by a sock. Shin guards should be the type that also covers the ankle area. Referee will check prior to each game.
3. Nothing hard should be worn in the hair. Referee will check prior to each game.
4. Official YMCA jerseys must be worn during play.

SPORTSMANSHIP

1. If the field-monitor or referee witnesses any acts of any unsportsmanlike conduct, including inappropriate language, talk, or excessive physical play, the game will be stopped and the player (or players) will be sent to the sidelines.
2. Excessive foul play may result in the player being ejected from the game based on the referee’s judgment. Referee will talk with players and coaches before a problem escalates to this level.
3. YMCA CORE VALUES (Caring, Honesty, Respect, and Responsibility) should be evident at all times by all in attendance (players, parents, friends, family, coaches, and referees).
Rules of Play – Outdoor Soccer

4U DIVISION (AGE 3–4)
All games are governed by OHSAA Rules & Regulations

YMCA MODIFICATIONS:

- No scores or standings will be kept.
- One coach can be on the field during the game to help direct players. Only background checked coaches can be on the field or bench.
- Field size: 30x20 (5 yard variance each way)
- Ball size: Size 3 soccer ball
- Number of players on the field: 5 players (including the goalie). Every player must play at least half of the game unless there are issues with the player’s attendance or attitude. The coach MUST relay any playing time adjustments and the reason to YMCA Staff, the Player and the Player’s Parent(s) before the start of the game.
  - No substitutions. Players should play at least one complete uninterrupted quarter in each half. NOTE: Players are not required to sit at least half the game.
- Length of game: Four 6-minute quarters with 2 minute halftime. Continuous clock except for injuries or officials’ time out.
- Time-Outs: One minute time-out per half per team.
- Ball is “in play” until a whistle is blown by the referee.
- Start of Game: “Away team” will receive the ball first, and possession will alternate at each quarter. Teams will not switch sides after halftime.
- All out of bounds plays will restart with a kick-in or goal kick—teams can opt for throw-ins or corner kicks if players are comfortable. Coaches should encourage players and teach them how to do throw-ins and corner kicks.
- Players can have one re-do on throw-ins if they do it improperly.
- No direct kicks at any time. All kicks will be “indirect” meaning you cannot score directly off this type of kick.
- Leaving your feet or side-tackling is not allowed at any time. Any player committing this foul might be sent to the sidelines based on the referee’s judgment.
- Tripping, pushing, and holding are examples of fouls that will be called. All fouls will be restarted with an indirect kick.
- On all indirect restarts, another player from either team must play the ball prior to a goal being scored.
- No head balls will be permitted.
- Players may not wear any form of jewelry. Medical alert bracelets must be taped to the player’s body per OHSAA Rules.
Rules of Play – Outdoor Soccer

6U DIVISION (AGE 5–6)
All games are governed by OHSAA Rules & Regulations

**YMCA MODIFICATIONS:**

- Scores will be kept but standings will not be kept.
- One coach can be on the field during the game to help direct players. Only background checked coaches can be on the field or bench.
- Field size: 35x25 (5 yard variance each way)
- Ball size: Size 3 soccer ball
- Number of players on the field: 6 players (including the goalie). Every player must play at least half of the game unless there are issues with the player’s attendance or attitude. The coach MUST relay any playing time adjustments and the reason to YMCA Staff, the Player and the Player’s Parent(s) before the start of the game.
  - No substitutions. Players should play at least one complete uninterrupted quarter in each half. NOTE: Players are not required to sit at least half the game.
- Length of game: Four 7-minute quarters with 2 minute halftime. Continuous clock except for injuries or officials’ time out.
- Time-Outs: One minute time-out per half per team.
- Ball is “in play” until a whistle is blown by the referee.
- Start of Game: “Away team” will receive the ball first, and possession will alternate at each quarter. Teams will not switch sides after halftime.
- Normal out of bound soccer rules (throw-ins, goal kicks or corner kicks) apply.
- Players can have one re-do on throw-ins if they do it improperly.
- No direct kicks at any time. All kicks will be “indirect” meaning you cannot score directly off this type of kick.
- Leaving your feet or side-tackling is not allowed at any time. Any player committing this foul might be sent to the sidelines based on the referee’s judgment.
- Tripping, pushing, and holding are examples of fouls that will be called. All fouls will be restarted with an indirect kick.
- On all indirect restarts, another player from either team must play the ball prior to a goal being scored.
- No head balls will be permitted.
- Players may not wear any form of jewelry. Medical alert bracelets must be taped to the player’s body per OHSAA Rules.
Rules of Play – Outdoor Soccer

8U DIVISION (AGE 7-8)
All games are governed by OHSAA Rules & Regulations

YMCA MODIFICATIONS:

- Scores will be kept but standings will not be kept. The only time standings will be kept is if there is an end of season tournament.
- Coaches are not allowed to be on the field during the game, unless they are called out by the official in the case of an injury. Only background checked coaches can be on the field or bench.
- Field size: 60x40 (10 yard variance each way)
- Ball size: Size 4 soccer ball
- Number of players on the field: 7 players (including the goalie). Every player must play at least half of the game unless there are issues with the player’s attendance or attitude. The coach MUST relay any playing time adjustments and the reason to YMCA Staff, the Player and the Player’s Parent(s) before the start of the game.
  - No substitutions. Players should play at least one complete uninterrupted quarter in each half. NOTE: Players are not required to sit at least half the game.
- Length of game: Four 8-minute quarters with 2 minute halftime. Continuous clock except for injuries or officials’ time out.
- Time-Outs: One minute time-out per half per team.
- Ball is “in play” until a whistle is blown by the referee.
- Start of Game: “Away team” will receive the ball first, and possession will alternate at each quarter. Teams will switch sides after halftime.
- Normal out of bound soccer rules (throw-ins, goal kicks or corner kicks) apply.
- Players can have one re-do on throw-ins if they do it improperly.
- Direct kicks, penalty kicks, and off-sides will be enforced.
- Leaving your feet or side-tackling is not allowed at any time. Any player committing this foul might be sent to the sidelines based on the referee’s judgment.
- Tripping, pushing, and holding are examples of fouls that will be called. All fouls will be restarted with an indirect kick, unless otherwise stated by the official.
- On all indirect restarts, another player from either team must play the ball prior to a goal being scored.
- No head balls will be permitted.
- Players may not wear any form of jewelry. Medical alert bracelets must be taped to the player’s body per OHSAA Rules.
Rules of Play – Outdoor Soccer

10U DIVISION (AGE 9-10)
All games are governed by OHSAA Rules & Regulations

YMCA MODIFICATIONS:

- Scores will be kept but standings will not be kept. The only time standings will be kept is if there is an end of season tournament.
- Coaches are not allowed to be on the field during the game, unless they are called out by the official in the case of an injury. Only background checked coaches can be on the field or bench.
- Field size: 60x40 (10 yard variance each way)
- Ball size: Size 4 soccer ball
- Number of players on the field: 7 players (including the goalie). Every player must play at least half of the game unless there are issues with the player’s attendance or attitude. The coach MUST relay any playing time adjustments and the reason to YMCA Staff, the Player and the Player’s Parent(s) before the start of the game.
  - No substitutions. Players should play at least one complete uninterrupted quarter in each half. NOTE: Players are not required to sit at least half the game.
- Length of game: Two 20-minute halves with 2 minute halftime. Continuous clock except for injuries or officials’ time out. Officials may opt for an officials’ time-out at the 10-minute mark depending on the weather.
- Time-Outs: One minute time-out per half per team.
- Ball is “in play” until a whistle is blown by the referee.
- Start of Game: “Away team” will receive the ball first, and possession will alternate after halftime. Teams will switch sides after halftime.
- Normal out of bound soccer rules (throw-ins, goal kicks or corner kicks) apply.
- Direct kicks, penalty kicks, and off-sides will be enforced.
- Leaving your feet or side-tackling is not allowed at any time. Any player committing this foul might be sent to the sidelines based on the referee’s judgment.
- Tripping, pushing, and holding are examples of fouls that will be called. All fouls will be restarted with an indirect kick, unless otherwise stated by the official.
- On all indirect restarts, another player from either team must play the ball prior to a goal being scored.
- No head balls will be permitted.
- Players may not wear any form of jewelry. Medical alert bracelets must be taped to the player’s body per OHSAA Rules.
Rules of Play – Outdoor Soccer

12U DIVISION (AGE 11-12)
All games are governed by OHSAA Rules & Regulations

YMCA MODIFICATIONS:

- Scores will be kept but standings will not be kept. The only time standings will be kept is if there is an end of season tournament.
- Coaches are not allowed to be on the field during the game, unless they are called out by the official in the case of an injury. Only background checked coaches can be on the field or bench.
- Field size: 60x40 (20 yard variance each way)
- Ball size: Size 5 soccer ball
- Number of players on the field: 7 players (including the goalie). Every player must play at least half of the game unless there are issues with the player’s attendance or attitude. The coach MUST relay any playing time adjustments and the reason to YMCA Staff, the Player and the Player’s Parent(s) before the start of the game.
  - No substitutions. Players should play at least one complete uninterrupted quarter in each half. NOTE: Players are not required to sit at least half the game.
- Length of game: Two 20-minute halves with 2 minute halftime. Continuous clock except for injuries or officials’ time out. Officials may opt for an officials’ time-out at the 10-minute mark depending on the weather.
- Time-Outs: One minute time-out per half per team.
- Ball is “in play” until a whistle is blown by the referee.
- Start of Game: “Away team” will receive the ball first, and possession will alternate after halftime. Teams will switch sides after halftime.
- Normal out of bound soccer rules (throw-ins, goal kicks or corner kicks) apply.
- Direct kicks, penalty kicks, and off-sides will be enforced.
- Leaving your feet or side-tackling is not allowed at any time. Any player committing this foul might be sent to the sidelines based on the referee’s judgment.
- Tripping, pushing, and holding are examples of fouls that will be called. All fouls will be restarted with an indirect kick, unless otherwise stated by the official.
- On all indirect restarts, another player from either team must play the ball prior to a goal being scored.
- No head balls will be permitted.
- Players may not wear any form of jewelry. Medical alert bracelets must be taped to the player’s body per OHSAA Rules.
How to Teach Dribbling

The players should be introduced to the following skills.

- Inside of the foot - foundation touches.
- Outside of the foot - changing direction and tight spaces.
- Laces - dribbling into space at speed.

**Foundation touches**
The player starts working on foundation touches...

- Using the inside of the feet, tap the ball back and forth.
- Keep the ankle locked and toe slightly up.
- The knees should be bent.
- Arms out for balance.

**Using the outside of the foot**
Players use the...

- Outside of the foot for changing direction or turning to keep control of the ball in tight spaces.
- The outside of the foot technique is toe up slightly and ankle locked.
- The player touches the side of the ball with the outside of the foot.

**Exercise:** Have the players dribble a figure eight using the outside of the right and left foot to increase dribbling basics.

**The speed dribble**
The players use the...

- Laces for speed dribbles...getting into spaces fast.
- The technique is toe down and ankle locked, taking small touches with the laces.

**Exercise:** Once players have used the inside or outside of the foot to keep the ball, the player can then accelerate into space.

**Dribbling Drills**
1) **Red Light, Green Light:** Each player is lined up with a soccer ball. Have them dribble when you say GREEN LIGHT, YELLOW LIGHT: slow, RED LIGHT; stop. Try to trick them by saying purple light, blue light, pink light, etc.

2) **Sharks and Minnows:** Pick a kid (or 2 depending on the team size) to be the sharks. Have the rest of the kids be minnows and line them up on the base line with a ball. The point of the game is for the minnows to dribble the ball across the gym without the sharks taking their soccer ball. If a shark takes their soccer ball, they become sharks as well. Keep going until all the minnows have been the sharks. (Play a few times)

3) **One-on-One:** Players pair up, each couple with a ball in a grid of cones. Player with the ball is “on the attack” and the other player is the defender. The attacking player tries to dribble to any of the cones (aside from the one behind her/her) and touch the cone with the ball. Defending player tries to prevent this. Players switch possession of ball when attacker accomplishes her goal or when ball goes out of bounds.

4) **Follow the leader:** Have players pair up, each player with a ball. Leader dribbles while second player follows, also dribbling. Remind players to keep their heads up. Encourage creative dribbling - changes in direction, pace, and technique. Stress control and change leaders frequently.
How to Teach Passing

Teach through a game of Battleship:

1. Demonstrate how to kick the ball and what part of the foot to use (Inside of the foot...NO TOES).
2. Player will kick the ball (as shown by the coach) and try to knock the ball off of the cone (Sink the BattleShip). “Ready, Aim, FIRE”
3. They get a point each time they knock the ball off.
4. Let them know that they do not have to kick the ball hard. Focus on using the laces and kicking it straight. Demonstrate to them that the laces part of the foot is flat compared to your pointed toe and exaggerate the miss-direction of the kick if you use the toes.

Passing Drills

1. **Partner Pass:** Players partner up. The pairs should line up 3–5 feet apart from each other. Facing each other, they pass the ball to each other.
2. **Monkey in the Middle:** Have players in groups of 3–4. The object of the game is for the players on the outside to pass the ball to each other with one player in the middle. The person in the middle’s goal is to steal the ball.
3. **Passing Relay Race:** Divide players into 2 teams. Set up cones in two straight lines. Have players at each cone. The players will pass the ball down the line. Forward then back.
4. **Battleship:** For this drill, have players in pairs. Each pair will have a ball. Each player should be about 5 feet away from each other. Place a cone in the middle between the 2 players with a ball on top. The object of the game is for the player to hit the ball of the cone.
5. **Hot Potato Pass:** In this drill, one player is positioned at the center of the circle with a soccer ball. All the other players circle around the one player in the middle. On the coaches command, the player in the key passes the ball to the player, that player immediately passes back to the player in the center. This back and forth passing continues clock wise. A new player then assumes the center position.
6. **Shuffle Pass:** Players line up in two lines on the baseline about 5–6 feet apart from one another. Players will shuffle to other side passing back and forth.
7. **Angle Pass:** Forces players to trap in a certain direction and utilize control. Have one player at each cone. Player 1 would pass to Player 2, after player 1 runs to the cone they passed to. Player 2 receives the pass from player 1 then passes to the next cone, after passing will follow the pass. This concept will be very important in the future.
How to Teach Shooting

Shooting uses the same technical elements as passing, with the important difference being that the goal is to pass the ball beyond the goalkeeper.

1. The player should look up to see the position of the goalkeeper.
2. Approach the ball.
3. Plant the support foot beside or slightly ahead of the ball, which helps to keep the shot low.
4. Keep the head steady and eyes on the ball.
5. Ankle of kicking foot is locked and the toe is pointed down if shooting with instep.
6. Hips and knee of kicking foot are pointed in the direction of the shot.
7. Follow through to keep the ball low (weight going forward, landing on the kicking foot).

Shooting Drills

1) Pig in a Blanket: Split into two teams, number off the kids (1,2,3,4). Each team will line up on separate sides of the field, laying or sitting down. Coach will call a number “1, 2, 3, or 4”. When the number is called out, those two players will get up, run around the goal, get the ball, turn and shoot into the goal.

2. Obstacle course: Use cones to dribble through, run to you and score. (Add parents to be obstacles)

3. Aim: Block off sections of the goal to teach them where to shoot, low to corners is a good start. The coach will go into the goal, stand on the left side and say “if I’m over here, where should you shoot?” Begin slow then move faster into a game pace.
Throw-Ins and Goal Keeping

Throw-In Rules:
• Ball must come back over the head (referees usually look to see if the ball goes back past the ears)
• The ball must be thrown with both hands on it
• Both feet must be in contact with the ground when the ball is released
• Both feet must be behind or on the touch-line
• No twisting of the body is allowed to propel the ball further.

Two ways to do a throw-in:
1. Step forward with one foot in the direction of the throw, and drag the toe of the trailing foot as the ball is thrown.
2. Stand with both feet firmly planted and throw the ball in.

Fundamentals:
1. Secure the ball with both hands, ensure that the index fingers and thumbs are as close as possible (almost forming a “W” or “U” shape with fingers on the ball). Fingers should be spread to maintain control of the ball.
2. Bring the ball over the head, behind the ears, with your arms loose and elbows bent and flared out.
3. Stand with your feet a little more than shoulder-width apart with one foot in front of the other (start at a standstill first, then add 1 step, then 2, and so on). If you prefer, place your feet parallel, shoulder-width apart.
4. Bring your head, neck, shoulders and trunk back, bending at the knees.
5. Drive the ball forward.
6. Release the ball as it just goes past the head.

Goal Keeping:
1. **Catching:** Pair up all players. Have them practice throwing and catching the ball.
2. **Shooting/Goalie drill:** Have one player be a goalie and the others shooting the ball. After a few attempts, switch goalies.
3. **Follow the leader:** Pair up all players, each pair with two flat cones. Place cones 5 paces apart. Players face each other across an imaginary line between the two cones; one player is the leader, the other is the follower. Leader uses good footwork and attempts to touch just outside either of the cones before the follower can touch just inside; if they are successful, they get a point. After a set length of time (30 sec for younger players, 60 sec for older), rest, and then switch leader and follower.
4. **Two Goalies:** Two goalies line up facing each other about 10 feet apart. Each take turns attempting to throw the ball past the other into the goal. The receiving goalie attempts to stop the ball and throw it back to the other goalie.
5. **Color Coded Shots:** Place four differently-colored cones, bibs or other objects around the goal, about 16-18 yards away from the goal. At least one should be close to the goal line. At each cone, there is a shooter and several balls. Goalie starts at one goalpost. The coach calls a color. The keeper must quickly find that color object, and make the save. Coach calls next color, and so on until the keeper has faced four shots. Then rotate goalie.
Parent Code of Conduct Agreement

This agreement and the Parent/Athlete Signature Form for Sudden Cardiac Arrest is to be completed and returned to your Sports Director. By signing this agreement, you agree to abide by the Parent Code of Conduct and follow the rules set forth by the Sports Department.

Print Participant(s) Name: ________________________________

Youth Sport/Age Division: ________________________________

Print Parent Name: _______________________________________

Parent Signature: _________________________________________

Date: ______________________________

*If you have more than one child, you are welcome to list all your children on one page.
Sudden Cardiac Arrest and Lindsay’s Law
Parent/Athlete Signature Form

What is Lindsay’s Law? Lindsay’s Law is about Sudden Cardiac Arrest (SCA) in youth athletes. It covers all athletes 19 years or younger who practice for or compete in athletic activities. Activities may be organized by a school or youth sports organization.

Which youth athletic activities are included in Lindsay’s law?
- Athletics at all schools in Ohio (public and non-public)
- Any athletic contest or competition sponsored by or associated with a school
- All interscholastic athletics, including all practices, interschool practices and scrimmages
- All youth sports organizations
- All cheerleading and club sports, including noncompetitive cheerleading

What is SCA? SCA is when the heart stops beating suddenly and unexpectedly. This cuts off blood flow to the brain and other vital organs. People with SCA will die if not treated immediately. SCA can be caused by 1) a structural issue with the heart, OR 2) a heart electrical problem which controls the heartbeat, OR 3) a situation such as a person who is hit in the chest or a gets a heart infection.

What is a warning sign for SCA? If a family member died suddenly before age 50, or a family member has cardiomyopathy, long QT syndrome, Marfan syndrome or other rhythm problems of the heart.

What symptoms are a warning sign of SCA? A young athlete may have these things with exercise:
- Chest pain/discomfort
- Unexplained fainting/near fainting or dizziness
- Unexplained tiredness, shortness of breath or difficulty breathing
- Unusually fast or racing heart beats

What happens if an athlete experiences syncope or fainting before, during or after a practice, scrimmage, or competitive play? The coach MUST remove the youth athlete from activity immediately. The youth athlete MUST be seen and cleared by a health care provider before returning to activity. This written clearance must be shared with a school or sports official.

What happens if an athlete experiences any other warning signs of SCA? The youth athlete should be seen by a health care professional.

Who can evaluate and clear youth athletes? A physician (MD or DO), a certified nurse practitioner, a clinical nurse specialist, certified nurse midwife. For school athletes, a physician’s assistant or licensed athletic trainer may also clear a student. That person may refer the youth to another health care provider for further evaluation.

What is needed for the youth athlete to return to the activity? There must be clearance from the health care provider in writing. This must be given to the coach and school or sports official before return to activity.

All youth athletes and their parents/guardians must view the Ohio Department of Health (ODH) video about Sudden Cardiac Arrest, review the ODH SCA handout and then sign and return this form.

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